

Pathways to Healing Wellness Center

Spring 2010

Happy Spring Everyone!

Spring is a time of new beginnings. Now that winter is over it's time to get out more, lighten up our diet and shed those extra winter pounds. This newsletter is geared towards diet and detox to help you achieve your weight loss goals.

Yours in good health!

Ann & Jane

Losing Weight

Our weight is connected with our health in every sense, because being overweight not only affects how we feel about ourselves, our confidence and positivity, but also contributes to a range of health problems, including diabetes, high blood pressure, and heart disease.

If you are overweight, the best way to lose weight is with a sensible, healthy, controlled diet. Crash diets don't work in the long-term, as you will pile the lost pounds back on as soon as you stop dieting. It is much better to lose weight gradually about 2 to 3 pounds per week is ideal. This can be achieved by eating plenty of fresh fruit and vegetables, high-fiber and unrefined carbohydrates, and drinking plenty of liquid, with spices and herbs to flavor your food and drinks. Make sure you eat regularly, three main meals a day (including one main protein meal), with a couple of snacks in between. Don't be tempted to deprive yourself, miss meals, or go for long periods without eating, because this sends stress messages to the brain and will lead to overeating or binging on the wrong kinds of foods.

The main objectives when losing weight are to reduce the amount of calories you take in, increase the amount you expend, and make sure your body processes what you eat and drink properly. Combining healthy eating with regular exercise will not only decrease your weight, but also increase your energy, vitality, and *joie de vivre*. You need to do 20 to 30 minutes of continual aerobic exercise a day, such as swimming, bicycling, brisk walking, jogging, or dancing.

Yoga Classes at Pathways

Effective March 24th- May 31st

Evening Classes

Monday- 6:30-7:30 pm

Tuesday- 7:00-8:15 pm

Thursday- 7:30-8:45 pm

Weekend Classes

Saturday- 9:00-10:15 am

Private Classes are available by appointment



Upcoming Workshops



Sound Journey with Sitar, Didgeridoo, Flutes, Drums, Gongs and more with Dave Antonio

Meditation Class with Indigenous Native Instruments

Friday, May 14th, 7:00pm-9:00pm

\$15.00

Pathways to Healing Wellness Center

Call to register- 610-373-7935 ext. 114

More people than ever are discovering the restorative properties of music & sound and it's potential for heightening any experience. Dave Antonio has studied music and various instruments for 35 years. He has come to appreciate both ancient and contemporary instruments, and combines them in a unique way to set a mood, evoke a memory or create a sense of calm and well being.

Dave understands the moods of Earth's soundscape that is always around us, and how to take advantage of the joy it can bring into our lives. He brings this awareness to those he works with. It is an honor, for him, to share with you the meditative sound journey that comes from nature and your own heart. Allow his music to vibrate through your body to stimulate your senses. His heartfelt melodies bring an incomparable healing all their own.

Healing Angels Meditation Group With IET Master-Instructor Julia Stubbe

This group will meet once a month. We will meditate with 3 of the Healing Angels each month. You will discover the special healing gifts that each angel brings and you will invite these healing angels to support you in your physical, emotional, mental and spiritual healing journey

Single Session \$25

Friday, May 21, 2010 - 7:00 pm – 9:30 pm

Location: Pathways to Healing Wellness Center

1817 Bernville Road, Reading, PA 19601



Call to register:
610-373-7935 ext 114
(Pathways/Sherry)
or Julia at 610-513-7366

**Karen L. Lantz and the
Freedom Foundation presents:**

A PERSONAL STIMULAS PACKAGE PRODUCING OUR CORE NEEDS.

No government intervention needed.

A Free Introduction Into the BIJA (seed) MANTRAS

Come and see what the **Heart, Prosperity and
Wisdom Mantras** can do for you! These
mantras are guaranteed scientific formulas.

Friday, May 21st
7-9:30pm

Seating is limited so please call 610-373-7935
to reserve your seat!

Freedom Foundation presents:

The Core of Life Program

*This meditation series teaches the
three most important
BIJA (seed) MANTRAS*

The first workshop features the Heart Mantra and will be held on Sunday, June 6th from 1-4:30. Cost: \$175.00.

HEART MANTRA: Produces infinite peace and profound deep love enabling one to receive the gifts of the Holy Spirit.

PROSPERITY MANTRA: Produces wealth, prosperity, material well being, and happiness.
(Prerequisite of Heart Mantra)

WISDOM MANTRA: Produces supreme wisdom and infinite creativity to enjoy life and unfold the individual's greatest natural gifts and divine power. This is Holy Spirit in action. (Prerequisite of Heart and Prosperity Mantra)

No previous meditation experience required.

To make your reservations contact:

Reiki Level One Class

Reiki is one of the simplest, most direct and powerful ways of focusing healing energy. Our studies within this course will concentrate not only on the traditional Reiki information that has been passed do verbally, it will also concentrate on various exercises to assist the practitioner to acclimate the physical body to focus higher frequencies of energy for use in the healing/balancing of physical existence. Reiki is often referred to as "laying on of hands" healing.

Level I

This course is designed for the beginning student of Reiki.
It is a pre-requisite for subsequent Reiki degrees II and III.

Pre-Requisite for Reiki I: Only the desire and/or curiosity to learn about focusing energy.

Goal: To assist the participants to achieve the knowledge and confidence that they have the ability to focus energy to assist self and others to rebalance energy systems to eliminate disease.

Content : The history and basic principles of Reiki. Basic Hands on Reiki positions. Hands on practice session. Introduction to the energy systems of the body. The first attunements to the Reiki energy. Basic instruction of the human anatomy.

Outcome: The students will have the basic knowledge to begin to do hands on work with self and others.

JUNE 5TH FROM 9:00AM TO 6:30PM- \$150.00

FOR MORE INFORMATION PLEASE CALL
(610)373-7935 EXT. 418 AND LEAVE A MESSAGE
LOCATED AT PATHWAYS TO HEALING WELLNESS CENTER,
1817 BERNVILLE ROAD (RT. 183), READING, PA 19601



a two-part workshop

Self-Care for Women

Take some time for yourself...

body, mind and spirit

Session 1 Topics

- angel journals
- beginning meditation
- intro to healing stones
- chanting
- dreaming/vision boards

Session 2 Topics

- essential oils for healing Erinn Webber
- self-massage-Tammy Hartman
- biofeedback-Dawn Toch
- Books as inspiration



Angels have been invited!

Offered by Ann Bertorelli, Angel Therapy Practitioner®
(and friends)

Session 1- Sunday, June 13 12-5

Session 2- Sunday June 27 12-5

Pathways to Healing

1817 Bernville Road

Reading PA 19601 (near Riveredge Restaurant and Reading

Airport)

Cost: \$40/session

come to both for \$75

To register contact

Ann Bertorelli

gracetime@comcast.net

610-670-1536

Pathways to Healing Presents- 4 PART SERIES ON HEALTH

PART 1: THE LIVER, GALLBLADDER, COLON

PART 2: THE KIDNEY'S, SPLEEN, AND PANCREAS

PART 3: THE ENDOCRINE SYSTEM – THE PITUITARY, THYROID, ADRENALS, AND OVARIES/ PROSTATE

PART 4: THE BRAIN AND THE HEART

COME LEARN INFORMATION, TIPS AND SUGGESTIONS ABOUT YOUR BODY. WHAT PURPOSE DO YOUR ORGANS PLAY? WHAT DISEASES ORIGINATE IN THESE ORGANS AND WHY? HOW DO THOUGHTS AND EMOTIONS PLAY KEY ROLES? LEARN PRACTICAL AND EASY WAYS TO INTERGRATE NUTRITIONAL CHANGES, ALTERNATIVE THERAPIES AND HERBS THAT CAN HELP TO CLEANSE, NOURISH AND HEAL.

COST PER CLASS: \$25 PER CLASS OR \$85 FOR ALL 4 CLASSES

DISCOUNT GIVEN WHEN SIGNING UP AND PAYING FOR ALL 4 CLASSES AT SAME TIME

CLASSES WILL BE HELD AT PATHWAYS TO HEALING Call to RSVP 610-373-7935 ALL CLASSES WILL BE 2 ½ HOURS LONG

Class times are Saturdays mornings
10 AM to 12:30 PM

Dates to be announced

** RSVP if interested

Food Corner

Juices for Weight Loss & Cleansing



A one or three-day juice fast is a great way to start a diet, as you will not only lose some of your unwanted weight, but you will look and feel better, too, which is a great incentive to keep going. Drinking one to three juices a day is of great benefit, as it will give you a good nutritional basis for your diet, and the juices themselves are quite filling - a much better way to snack than a bar of chocolate! Any cleansing juices will work well for this purpose, but remember that you should vary them constantly in order to obtain the best supply of nutrients.

Broccoli and Beetroot

This is a potent health juice, working as an antioxidant, cancer fighter and deep cleanser. It removes toxins from the liver and strengthens the blood. The addition of fennel makes this juice useful for losing weight, while lettuce provides it with diuretic qualities.

6 large lettuce leaves
1 small beetroot

1 head of broccoli
 $\frac{1}{2}$ bulb of fennel

Handful of chard (or spring greens)

Wash all of the ingredients and chop everything into juicer-sized pieces. Juice, stir and drink immediately.

Fennel and Cucumber

This is a light, refreshing juice that tastes like Pernod! If it's not sweet enough, add more carrot. This juice is ideal if you are hoping to lose weight, and it supports the immune system.

1 head of fennel

$\frac{1}{2}$ cucumber

2 carrots

Wash all of the ingredients thoroughly, juice and drink immediately.

Straight Pear Juice

Pears produce a powerfully cleansing and health-building juice that gives you a surge of energy as well. It's high iodine content aids thyroid function, and it is both a diuretic and a slight laxative. The most important factor in making pear juice is to use really ripe pears.

3 Pears

Wash the pears thoroughly, cut in half and juice them (including pips). Drink juice immediately.

Grapefruit and Pineapple Spritz

Both grapefruit and pineapple are ideal foods for losing weight. They cleanse the urinary system and help the body to get rid of excess toxins and fluid, and also help the digestive system to break down fats. An additional benefit by this delicious drink is that it clears putrefaction from the bowels and helps to remedy constipation.

$\frac{1}{2}$ cup pink grapefruit juice, or juice of $\frac{1}{2}$ fresh grapefruit
ice cubes
1 sprig fresh mint

$\frac{3}{4}$ cup sparkling mineral water

$\frac{1}{4}$ cup pineapple juice
1 fresh pineapple slices

Mix grapefruit juice and pineapple juice. Add a few ice cubes and mineral water. Garnish with pineapple slice and sprig of mint.

Asparagus Soup

Asparagus has a cleansing effect on the whole body and is particularly good for eliminating toxins and excess fluid through its stimulating effect on the kidneys. This is augmented by the beneficial action of asparagus on the liver and intestines, aiding digestion and preventing constipation.

1 tbsp olive oil 1 onion, sliced 2 potatoes, diced 1 lb asparagus,
chopped
4 ½ cups water salt and freshly ground pepper 2 tbsp plain yogurt (optional)
2 tbsp chopped fresh dillweed, to garnish

Heat the oil in a saucepan. Add the onion, potato, and asparagus, cover, and cook over low heat for 10 minutes, stirring occasionally. Add the water and bring to a boil. Lower the heat and simmer for about 20 minutes until the vegetables are soft. Blend and pass through a strainer. Season with salt and pepper and reheat. Swirl the yogurt, if using, into the soup and garnish with plenty of dillweed. 4 servings

Florence Fennel and Artichoke Soup

Artichoke water aids digestion of fats, through its stimulating effect on the liver, and by its diuretic action clears fluid and toxins from the system. Fennel, combines diuretic action and laxative effects.

2 globe artichokes 5 cups water 1 tbsp olive oil 1 large onion, sliced
2 garlic cloves, chopped 2 potatoes, diced 2 bulbs fennel, sliced 1 tsp fennel seeds
Salt and freshly ground pepper fresh parsley, to garnish

Place the artichokes in a pan with the water and bring to a boil. Lower the heat and simmer for 20 minutes. Heat the oil in a pan and slowly cook the onion, garlic and potatoes for 10 minutes. Add the fennel, fennel seeds, and artichoke water and bring to a boil. Cover and simmer over low heat for about 20 minutes until the vegetables are cooked. Season to taste, blend and serve with a garnish of fresh parsley. 4 servings

Do you know ?

Studies have shown that by fidgeting, toe tapping, or twiddling your thumbs you can burn an extra 350 calories per day!

Supplement Special

Now until June 30th get
Miracle 7 Colon Cleanser
for just

\$11.00

Regular price \$14.00

Save the Planet



Save a tree, stop junk mail. We all know about the Federal “Do Not Call” list – but unfortunately, there’s no such list for junk mail. However, you can sign up with DMAchoice.org to eliminate up to 80% of junk mail sent to your home. The trees will thank you, and it takes only 90 seconds.

